



Caramelized Cayenne Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups blanched almonds and
- 0.5 teaspoon ground cumin
- 1.3 teaspoons ground pepper red
- 2 teaspoons juice of lemon fresh
- 0.5 teaspoon salt
- 1 cup sugar
- 0.3 cup water

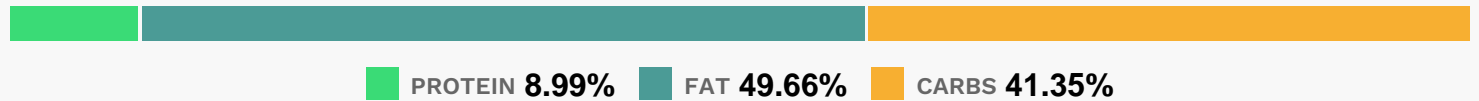
Equipment

- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 32
- Combine the first 6 ingredients in a medium, heavy saucepan over medium-high heat. Bring to a boil, stirring occasionally.
- Add nuts to pan, and cook 22 minutes or until sugar mixture thickens and coats nuts, stirring occasionally. Immediately spread nut mixture in a single layer on a jelly roll pan coated with cooking spray.
- Bake at 325 for 20 minutes. Separate nuts with 2 forks. Cool completely.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:8.74, Inflammation Score:-3, Nutrition Score:4.5095651949877%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 141.18kcal (7.06%), Fat: 8.29g (12.75%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 13.93g (5.06%), Sugar: 13.23g (14.7%), Cholesterol: 0mg (0%), Sodium: 76.17mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin E: 3.76mg (25.07%), Manganese: 0.29mg (14.63%), Magnesium: 42.43mg (10.61%), Copper: 0.16mg (8.17%), Phosphorus: 75.98mg (7.6%), Vitamin B2: 0.12mg (6.78%), Fiber: 1.6g (6.39%), Calcium: 38.04mg (3.8%), Iron: 0.57mg (3.19%), Zinc: 0.47mg (3.15%), Potassium: 108.14mg (3.09%), Vitamin B3: 0.56mg (2.82%), Vitamin B1: 0.03mg (2.06%), Folate: 7.95µg (1.99%), Vitamin A: 66.94IU (1.34%), Vitamin B6: 0.02mg (1.12%)